

Monday

Tuesday

Wednesday

Thursday



Friday



# AUGUST 2013

To make a meal reservation at least 48 hours in advance, Contact Your Meal Manager.  
Each meal costs the FCDOA Nutrition Program \$4.80, your contributions  
per meal helps make more meals possible.



<div><h1>AUGUST 2013</h1><div></div></div> <p>To make a meal reservation at least 48 hours in advance, Contact Your Meal Manager. Each meal costs the FCDOA Nutrition Program \$4.80, your contributions per meal helps make more meals possible.</p>					Pasta & Meat Sauce Wheat Bread Tossed Salad w/Ranch Dressing Apricots Fruit Punch Milk	1	Smoked Ham & Swiss Cheese on Rye bread Lettuce & Tomato Copper Pennies Diced Pears Split Pea Soup Pineapple Juice Milk	2	
Turkey Combo Lunch Meat 6" sub roll with Swiss Cheese, Lettuce & Tomato Cole Slaw Potato Salad Fruit Cocktail Cranberry Juice Milk	5	Vegetarian Hamburger w/cheese on Roll Tropical Fruit Cup Baked Beans Carrots Fresh Pears Milk	6	Chicken Breast w/Mushroom Gravy White Bread Brown Rice Fresh Apple Slices Tomato Juice Milk	7	Hot Dog on a Roll Fresh Cole Slaw Cranberry Juice Fresh Watermelon Milk	8	Cold Sesame Noodles w/Peas & Carrots w/Diced Chicken Whole Wheat Bread Pineapple Tidbits Apple Juice Milk	9
Tuna Salad Cold Plate Fresh Tossed Salad Navy Bean Soup Potato Salad Fresh Grape Tomato Fresh Seasonal Fruit Milk	12	Chicken Chili Brown Rice Corn Muffin Carrots Tropical Fruit Grape Juice Milk	13	Baked Chicken Drumstick Mashed Potatoes Sweet Peas Fresh Seasonal Fruit Wheat Bread Pineapple Juice Milk	14	Fried Chicken Dinner Macaroni & Cheese Sliced Fresh Tomatoes Watermelon Wedge Hot Spicy Apple Sauce Chocolate Cake Milk	15	Meatloaf w/Brown Gravy Wheat Bread Macaroni & Cheese Summer Blend Veggies Fresh Apple Pineapple Juice Milk	16
Turkey Burger on Roll Lettuce & Tomato Fresh Grape Tomato Potato Salad Diced Pears Apple Juice Milk	19	Luau Meal Pulled Pork Sandwich on Sandwich Roll Cold Broccoli Salad Chunks of Sweet Potatoes Pineapple Chunks Milk	20	Beef Taco Salad Refried Beans Mexican Rice Apricots Fruit Punch Milk	21	Chef's Salad w/Ham, shredded Cheese, tomatoes, cucumber, hardboiled egg, Ranch Dressing Fresh Apple Slices Orange Juice Milk	22	Baked Chicken Breast Parmesan Ziti Noodles in Garlic Sauce Green Beans Whole Grain Wheat Bread Cold Blueberry Pear Crisp Grape Juice Milk	23
Cottage Cheese & Fruit Cold Plate Peach & Pear Slices Pineapple Ring Hardboiled Egg Tomato & Lettuce Multi Bean Soup Apple Juice Milk	26	Beef Hamburger on a Roll Cole Slaw Baked Mixed Beans Fresh Seasonal Fruit Cranberry Juice Milk	27	Chicken Stew w/Peas and Carrots White Rice Wheat Bread Rosy Apple Sauce Orange Juice Milk	28	Hot Roast Beef w/Gravy Whole Wheat Bread Mashed Potatoes Summer Blend Veggies Fruit Cocktail Pineapple Juice Milk	29	Pork Loin w/Gravy Bread Stuffing Broccoli Cherry Apple Crisp Orange Pineapple Juice Milk	30

~Menus subject to change~